

21 Critical Health Objectives for Adolescents and Young Adults

The 21 Critical Health Objectives represent the most serious health and safety issues facing adolescents and young adults (aged 10 to 24 years): mortality, unintentional injury, violence, substance use and mental health, reproductive health, and the prevention of chronic diseases during adulthood.

Obj. #	Objective	Baseline (year)	2010 Target
16-03 (a,b,c)	<u>Reduce deaths of adolescents and young adults.</u> 10- to 14-year-olds 15- to 19-year-olds 20- to 24-year-olds	21.5 per 100,000 (1998) 69.5 per 100,000 (1998) 92.7 per 100,000 (1998)	16.8 per 100,000 39.8 per 100,000 49.0 per 100,000
Unintentional Injury			
15-15 (a)	<u>Reduce deaths caused by motor vehicle crashes.</u> 15- to 24-year-olds	25.6 per 100,000 (1999)	[1]
26-01 (a)	<u>Reduce deaths and injuries caused by alcohol- and drug-related motor vehicle crashes.</u> 15- to 24-year-olds	13.5 per 100,000 (1998)	[1]
15-19	Increase use of safety belts. 9 th -12 th grade students	84% (1999)	92%
26-06	Reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol. 9 th -12 th grade students	33% (1999)	30%
Violence			
18-01	<u>Reduce the suicide rate.</u> 10- to 14-year-olds 15- to 19-year-olds	1.2 per 100,000 (1999) 8.0 per 100,000 (1999)	[1] [1]
18-02	Reduce the rate of suicide attempts by adolescents that required medical attention. 9 th -12 th grade students	2.6% (1999)	1.0%
15-32	<u>Reduce homicides.</u> 10- to 14-year-olds 15- to 19-year-olds	1.2 per 100,000 (1999) 10.4 per 100,000 (1999)	[1] [1]
15-38	Reduce physical fighting among adolescents. 9 th -12 th grade students	36% (1999)	32%
15-39	Reduce weapon carrying by adolescents on school property. 9 th -12 th grade students	6.9% (1999)	4.9%
Substance Use and Mental Health			
26-11 (d)	Reduce the proportion of persons engaging in binge drinking of alcoholic beverages. 12- to 17-year-olds	7.7% (1998)	2.0%
26-10 (b)	Reduce past-month use of illicit substances (marijuana). 12- to 17-year-olds	8.3% (1998)	0.7%
06-02	Reduce the proportion of children and adolescents with disabilities who are reported to be sad, unhappy, or depressed. 4- to 17-year-olds	[2]	[2]
18-07	(Developmental) Increase the proportion of children with mental health problems who receive treatment.	[3]	[3]

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Reproductive Health			
09-07	<u>Reduce pregnancies among adolescent females.</u> 15- to 17-year-olds	68 per 1,000 (1996)	43 per 1,000
13-05	(Developmental) <u>Reduce the number of new HIV diagnoses among adolescents and adults.</u> 13- to 24-year-olds	16,479 (1998) [4]	[3]
25-01 (a,b,c)	<u>Reduce the proportion of adolescents and young adults with <i>Chlamydia trachomatis</i> infections.</u> 15- to 24-year-olds Females attending family planning clinics Females attending sexually transmitted disease clinics Males attending sexually transmitted disease clinics	5.0% (1997) 12.2% (1997) 15.7% (1997)	3.0% 3.0% 3.0%
25-11	Increase the proportion of adolescents who abstain from sexual intercourse or use condoms if currently sexually active. 9 th -12 th grade students	85% (1999)	95%
Chronic Diseases			
27-02 (a)	Reduce tobacco use by adolescents. 9 th -12 th grade students	40% (1999)	21%
19-03 (b)	<u>Reduce the proportion of children and adolescents who are overweight or obese.</u> 12- to 19-year olds	11% (1988-94)	5%
22-07	Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion. 9 th -12 th grade students	65% (1999)	85%

Note: Critical health outcomes are underlined, and behaviors that substantially contribute to important health outcomes are in normal font.

[1] 2010 target not provided for adolescent/young adult age group.

[2] Baseline and target inclusive of age groups outside of adolescent/young adult age parameters.

[3] Developmental objective – baseline and 2010 target to be provided by 2004.

[4] Proposed baseline is shown but has not yet been approved by the Healthy People 2010 Steering Committee.

Source: U.S. Department of Health and Human Services. *Healthy People 2010*. With Understanding and Improving Health and Objectives for Improving Health. 2 Vols. Washington, DC: U.S. Government Printing Office, November 2000. This information can also be accessed at <http://wonder.cdc.gov/data2010/>.